

## Meal Plan: 12/10-12/16/18

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### Monday:

B - (2) sausage links with a small diced zucchini and 1/4 of an onion sauteed in butter on the side and water to drink (S)

L - Just Like Campbell's Tomato Soup with water to drink (S) pg. 112 in [Trim Healthy Mama Cookbook](#)

S - [Peanut Butter Whip](#) with [Cider Pop](#) to drink (S)

D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

### Tuesday:

B - 1/2 c. 0% Plain Greek Yogurt mixed with a diced apple, cinnamon and 1 t. of [Super Sweet Blend](#) with water to drink (E)

L - leftover Italian White Bean and Spinach Soup with water to drink (E)

S - a cheese stick with bell pepper slices and Cider Pop to drink (FP)

D - Easy Taco Pie with lettuce on the side and water to drink (S) pg. 218 in [The Everyday Ketogenic Kitchen](#)

### Wednesday:

B - [Peanut Butter Cup Shake](#) (S)

L - leftover Taco Pie with lettuce on the side and water to drink (S)

S - Cottage Berry Whip with Cider Pop to drink (FP) pg. 374 in [Trim Healthy Mama Cookbook](#)

D - [Lovin' TexMex Skillet](#) with water to drink (E)

### Thursday:

B - (2) sausage links with a small diced zucchini and 1/4 of an onion sauteed in butter on the side and water to drink (S)

L - salad topped with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)

S - a cheese stick with bell pepper slices and Cider Pop to drink (FP)

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

### Friday:

B - 1/2 c. 0% Plain Greek Yogurt mixed with a diced apple, cinnamon and 1 t. of [Super Sweet Blend](#) with water to drink (E)

L - leftover Chicken Fried Double Rice with water to drink (E)

S - [Peanut Butter Whip](#) with [Cider Pop](#) to drink (S)

D - [White Chicken Lasagna](#) over Zoodles with water to drink (S) \*\*\*Use [this gadget](#) to make your zoodles.

### Saturday:

B - [Peanut Butter Shake](#) (S)

L - out to eat

S - a cheese stick and bell pepper slices with Cider Pop to drink (FP)

D - Easy Pizza Casserole with fresh veggies on the side and [Zevia Cola](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

### Sunday:

B - 1/2 c. 0% Plain Greek Yogurt mixed with a diced apple, cinnamon and 1 t. of [Super Sweet Blend](#) with water to drink (E)

L - leftover White Chicken Lasagna with water to drink (S)

S - [Snickers Hot Chocolate](#) (S)

D - [Zesty Salsa Chicken and Black Bean Casserole](#) with lettuce on the side and Cider Pop to drink (E)